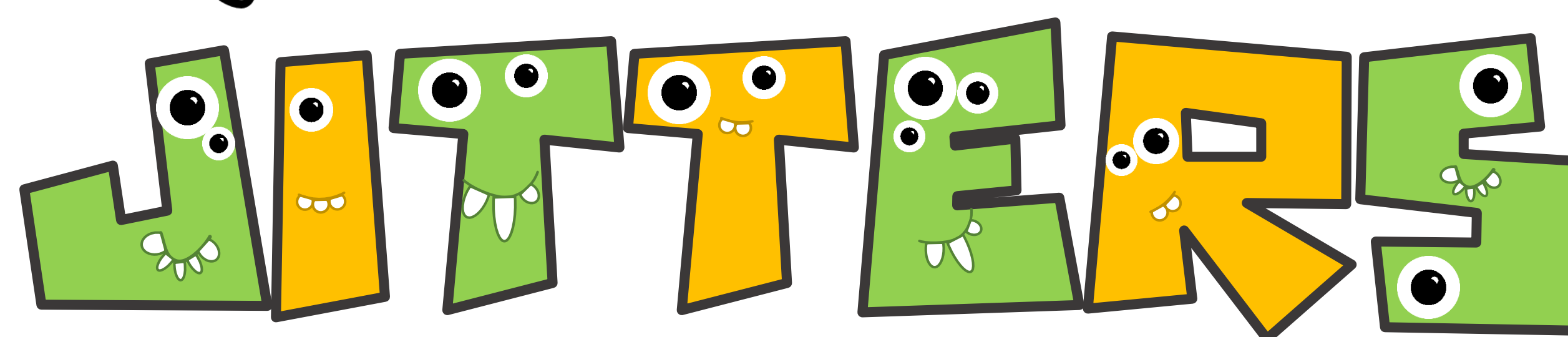




**Singapore Healthcare
Management 2019**

Screening the



Away

A Child Life Therapy Screening Initiative for Paediatric Surgical Patients

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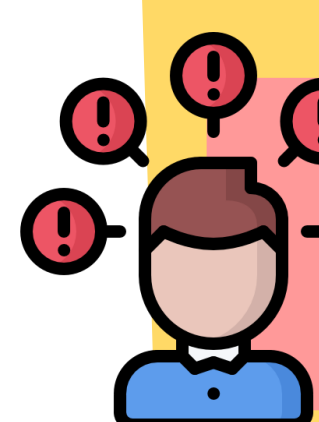


KK Women's and
Children's Hospital
SingHealth

Introduction

A hospital stay can be overwhelming for paediatric patients especially when they have to undergo a procedure/ surgery with limited understanding. If left unaddressed, it can linger well beyond the hospitalised child's childhood and possibly result in serious psychosocial and behavioural challenges.¹

Research illustrates that providing timely and age appropriate information prior to a surgery significantly reduces paediatric anxiety.² This is what Child Life Therapists (CLTs) do. They support hospitalised children by providing therapeutic medical play to help improve a child's understanding of hospital experiences in a developmentally appropriate manner.



PROBLEM!

Medical team unable to raise a timely Child Life Therapy referral owing to pressing medical responsibilities



SOLUTION: SCREENING PROTOCOL

Objectives:

1. Improve the patient's medical knowledge so that he/she would be effectively prepared to undergo a procedure/ surgery
2. Improve the overall paediatric hospital experience by allaying healthcare-induced anxiety

Methodology

1

SHORT-LISTING

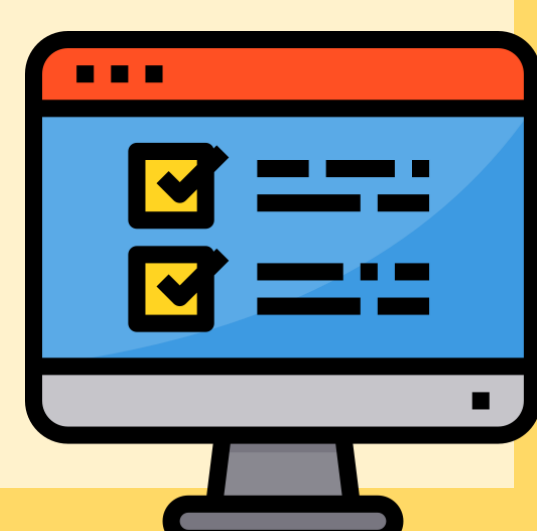
A daily workflow was established with the Pediatric Surgical Team. Patients were shortlisted every morning based on these criteria:

Between
4-18 years
old

Same day
admission
or 1 day
before

Plans for or
completed
procedure
or surgery

Yet to have
home plans
for the day

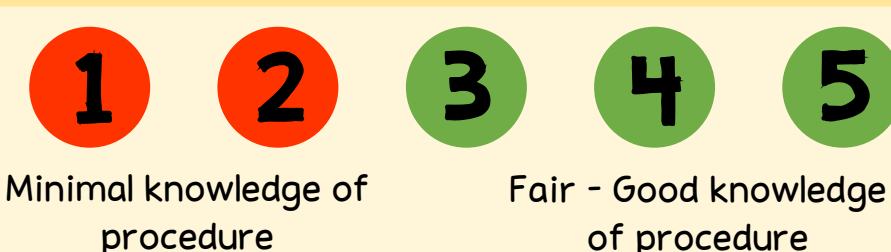


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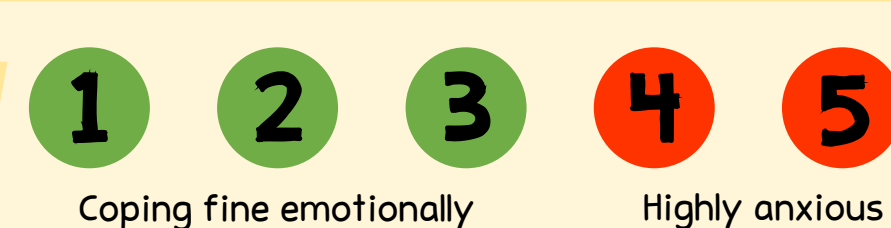
SCREENING

Short-listed patients were screened using two assessment tools to see if they require any intervention. The same tools were used to study the effectiveness of the intervention.

Procedural Readiness Scale



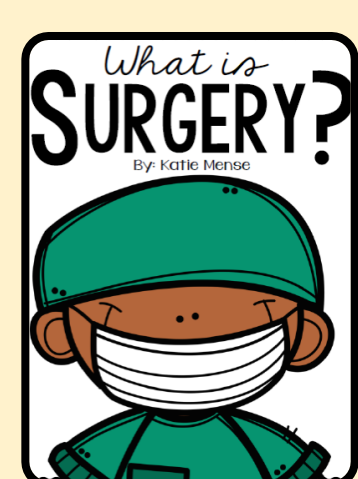
Stress Potential Rating Scale



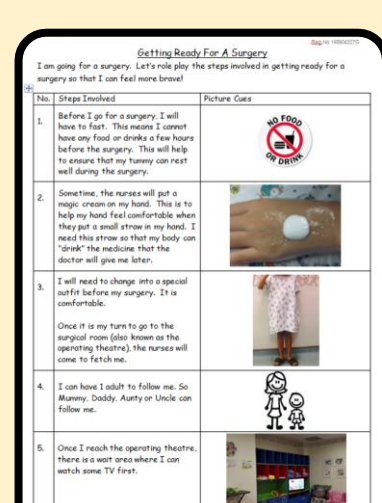
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INTERVENTION

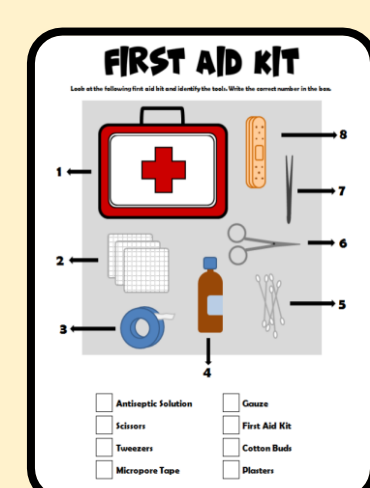
Patients had a 1-to-1 session with the therapist. Different resources were created to help patients understand certain medical concepts and normalize their hospital experiences.



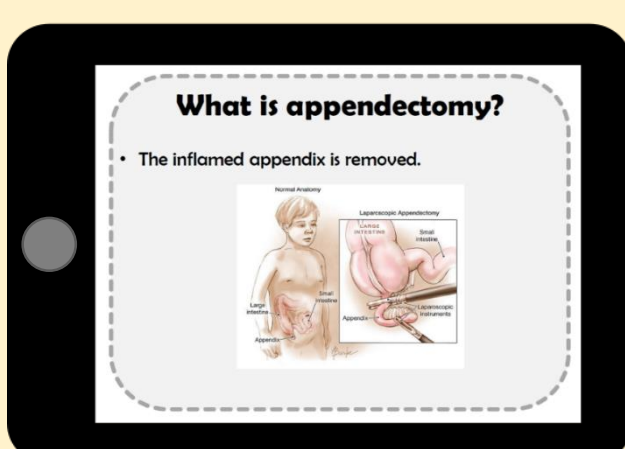
Surgery Preparation Book



Child Life Surgical Hand-out



Activity Sheets



Child Life Digital Information Slides

Results

A two-month pilot phase was set with the surgical team: Jan - March 2018

105

Surgical patients
were screened

70%

of them needed active
intervention support

- No prior surgical experience
- Not aware of certain medical procedure

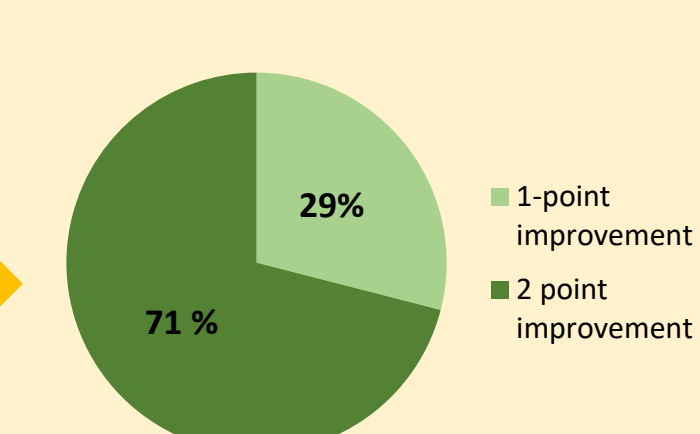
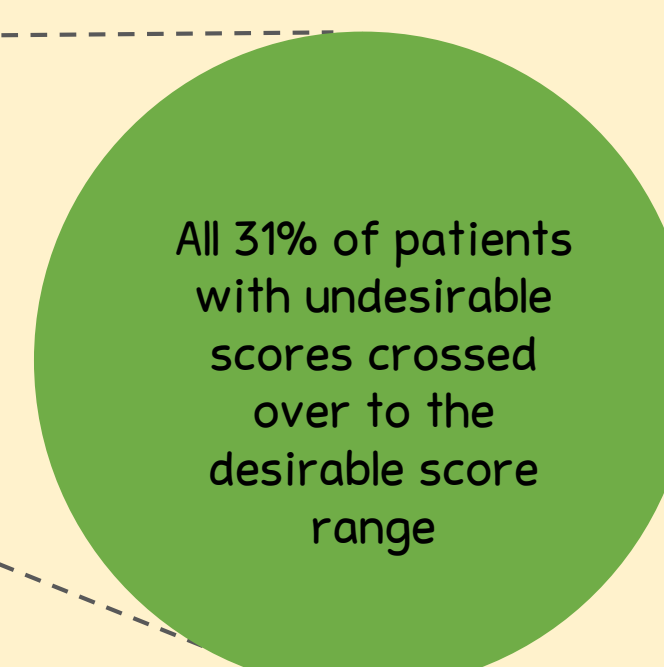
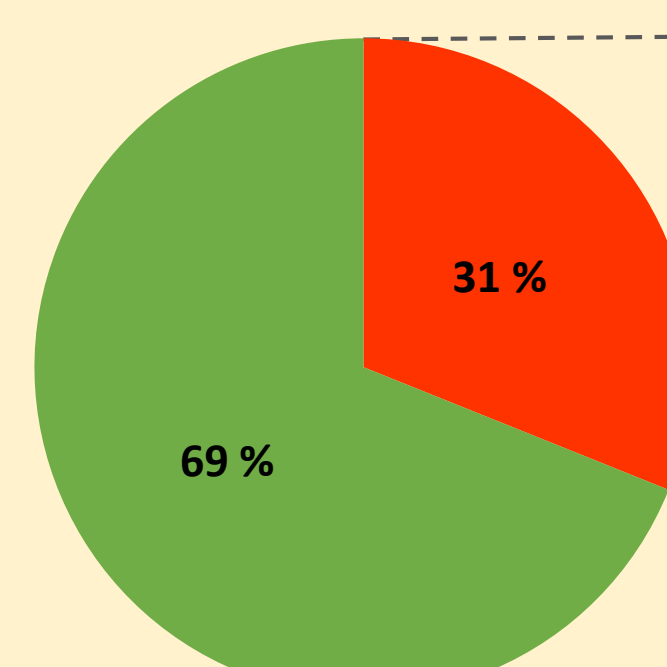
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Procedural Readiness Scale

SCORE:



* Post- intervention scores were only taken for those who fell under the undesirable zone before intervention (i.e. red zone)



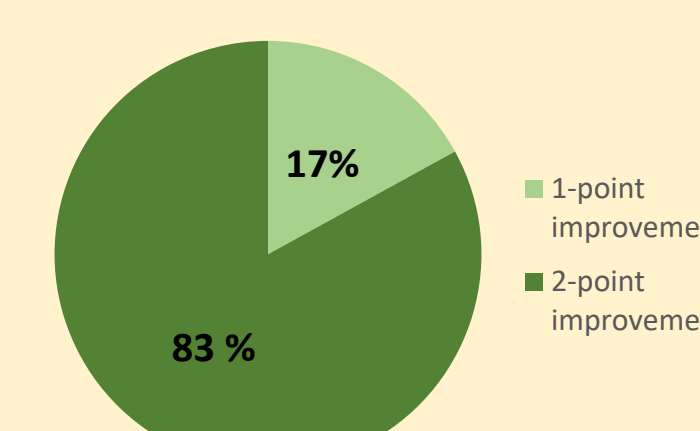
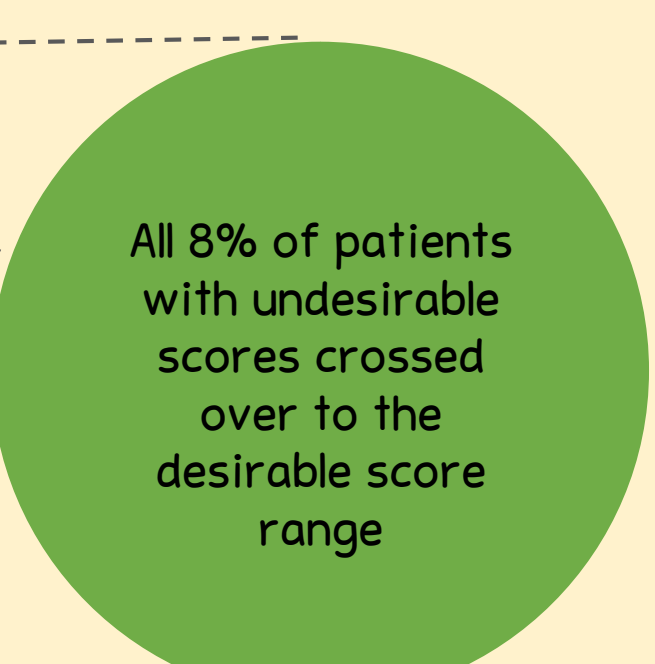
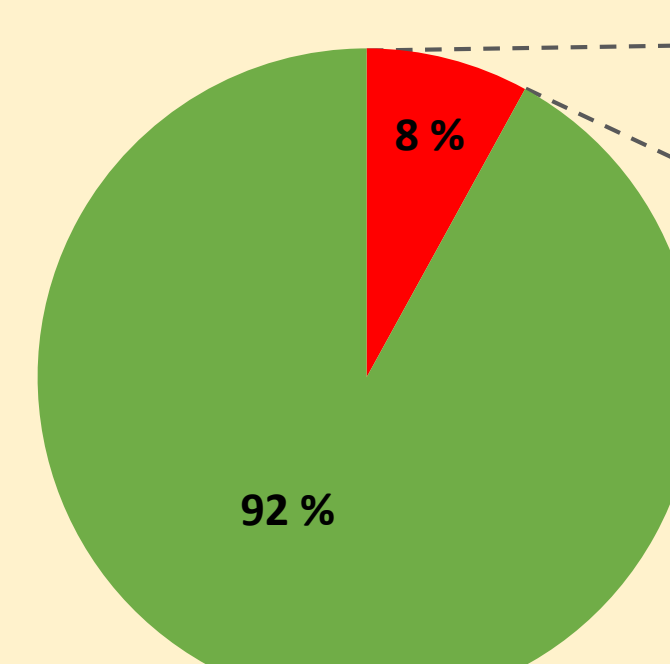
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Stress Potential Rating Scale

SCORE:



* Post- intervention scores were only taken for those who fell under the undesirable zone before intervention (i.e. red zone)



Conclusion

The CLT-PAS screening protocol was successful based on the positive differences observed in pre-intervention and post-intervention scores accordingly. There was an improvement in:

1. The patient's medical knowledge after Child Life Therapy intervention and this translated to patient being more ready to undergo a procedure/ surgery
2. The overall paediatric hospital experience owing to procedure/ surgery induced stress being allayed by Child Life Therapy interventions

This protocol is also deemed a success as its results corroborates with research findings that illustrates the importance of timely support. When support is rendered effectively, it reduces the incidences of emotional and psychological distress experienced by the hospitalised paediatric population - which is estimated to stand at 90%!³



FUTURE WORKS

To continue the screening protocol using additional validated assessment tools such as the Child Surgery Worries Questionnaire and Self-Assessment Manikin Scale



END POINT AIM

To include child life therapy services in the pediatric clinical pathway for newly admitted patients

¹ Maps, J.K. (2016). *Kids Can Be Traumatized By Hospital Stays, Research Shows*. Australian Psychological Society. <https://psychopaedia.org/health/kids-can-be-traumatized-by-hospital-stays-research-shows/>

² Suryawanshi, N., Naregal, P., Monite, V., Karale, R. & Hiremath, P. (2016). *Effectiveness of Play Therapy in Reducing Stress among Hospitalized Children (6-12 years) Undergoing Surgery in Selected Hospital Maharashtra*. Indian Journal of Research. 5 (8). 221-224.

³ Yap, J.N. (1988). *The Effects of Hospitalization and Surgery on Children: A Critical Review*. Journal of Applied Developmental Psychology, 9, P. 349-358.